

CLAIMS

1. A method for producing bubbles by the injection and  
5 dispersion of a gas through a porous body into a liquid,  
wherein the porous body has a value of 1 to 1.5,  
wherein the value is given by dividing the pore diameter  
that accounts for 10% of the total pore volume in the relative  
cumulative pore distribution curve of the porous body by the  
10 pore diameter that accounts for 90% of the total pore volume  
in the relative cumulative pore diameter distribution curve of  
the porous body.

2. The method according to claim 1, wherein the contact  
15 angle with respect to the liquid of at least the surface of ..  
the porous body that is in contact with the liquid is greater  
than 0° and less than 90°.

3. The method according to claim 1, wherein porous  
20 glass is used as the porous body.

4. The method according to claim 1, wherein the liquid  
contains at least one additive selected from the group  
consisting of emulsifying agents, emulsion stabilizers,  
25 foaming agents, and alcohols.

5. Bubbles obtained by the method according to claim 1.

6. The bubbles according to claim 5, wherein, in the

5 integrated volume distribution of the bubbles,

1) the diameter at which the bubble volume accounts for 10% of the total bubble volume is at least 0.5-times the diameter at which the bubble volume accounts for 50% of the total bubble volume, and

10 2) the diameter at which the bubble volume accounts for 90% of the total bubble volume is no more than 1.5-times the diameter at which the bubble volume accounts for 50% of the total bubble volume.